



May 2, 2014

## Weekly Report

# A Highlight of Departmental Activities

*The Weekly Report showcases the activities and accomplishments of the many Departments within Rutherford County Government. Click on the directory list, department headings, icons and text in blue to be linked to more information.*

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### [Airport](#)

The Airport sold 379.90 gallons of 100-LL fuel and 295 gallons of Jet A. Prepaid customer fuel sales totaled 448 gallons. Cash sales totaled \$25.97.

### [Board of Elections](#)

The Board of Elections continues one-stop voting through Saturday May 3<sup>rd</sup> and as of Thursday, May 1<sup>st</sup> at 10:00 a.m., a total of 1433 had voted at one-stop and by mail. The Board had meeting on Tuesday to approve absentee applications and are doing the final preparations for Election Day next week.

### [Building Inspections](#)

The Building Inspections Department has had a busy week. The better weather has inspired projects to get underway. Staff have issued 44 permits totaling \$5,242 in fees. Inspectors also conducted 190 inspections. A note of interest is that they have recently issued permits for 3 new towers and multiple co-locates on existing towers. It seems that county wide connectivity should improve in the coming months. New house construction seems to be holding steady with an average for new houses around 10 per month.

### [Clerk to the Board](#)

One Stop voting arrived at the County Office Building so the Election folks are with us for the balance of this week.

On Tuesday, the Board of Equalization and Review met for the first time for 2014. Chairman Eckler and Commissioner Richard serve on this board.

The Clerk participated in a meeting regarding an upcoming bridge dedication for Slain Officers Roy Huskey and Owen Messersmith.

A kick off luncheon was held on Wednesday at the Farmers' Market for a design workshop for a proposed Agriculture Innovation and Solutions Center. Chairman Eckler and Commissioner Owens attended. Commissioner Owens also attended a meeting at the Department of Social Services.

On Thursday the Board of Commissioners held their meeting to review the agenda for the May 5 County Commissioners' meeting. The Clerk along with the County Attorney and staff from Public Works and Planning met to discuss legal requirements regarding a water service district.

On Friday, the Commissioners had a difficult task - they were invited to attend a grand opening and ribbon cutting at Sweet Frog.

The Public Information Clerk finished three public information requests, delivered two eMedia messages and began drafting the new signage for the Solid Waste Department facilities. The Clerk attended a planning meeting regarding signage for the Isothermal Rail-Trail, participated in a webinar for Open Records Request software and worked with the County Manager, Finance and other staff to develop the Budget Message for FY2014-15.

### **Cooperative Extension**

The Family and Consumer Sciences met with site selection committee for NC Pre-K; attended Extension & Community Association district meeting; taught Steps to Health 2nd grade nutrition; taught Latino Better Food Better Health; participated in Design Charette for Agriculture Innovations & Solutions Center.

The 4-H Youth Development staff are starting 4-H Embryology in the second grade classrooms. Classrooms will be hatching their own chicken eggs to learn about the life cycle.

The Small Fruit Plant Sale was very successful. This is Extension's fundraiser to raise money to fund educational programs.

4-H members are practicing their presentations and preparing for 4-H District Activity Day on May 3. Fifteen youth are prepared for competition with topics ranging from Egg Cookery, Box Turtles, and Movie Making, to Winter Blooming Flowers.

### **County Manager**

The County Manager spent a majority of the week working closely with the Finance Officer and Assistant Finance Officer, as well as Department Heads, to finalize the Budget Message for FY2014-15. He attended the Special Meeting of the Board of Commissioners on Thursday, met with the County Attorney and Airport Attorney at the end of the week, and participated in the Main Street Walk during MayFest on Saturday

## Economic Development

The Economic Development Director processed recent grant awards from the NC Department of Commerce and the Golden LEAF Foundation; coordinated and led an Industrial Marketing Subcommittee meeting; attended the Region C Workforce Development Board Meeting; attended and participated in the Board of Commissioners Agenda Review; met with Trelleborg Coated Systems; and began work on marketing materials for industrial development opportunities.

The Project Administrator networked with existing industry via visits, phone calls and email; attended the Healthcare Symposium at ICC Foundation and attended a few of the Charette AG Innovation Solutions Center meetings.

The Economic Development Assistant continued to work with the Finance Department for budget year 14-15 and to provide preliminary forecasts for 15-16; assisted the Project Administrator in creating a template for a marketing piece; and packaged and sent out the executed NC Department of Commerce One NC Fund grant for Trelleborg Coated Systems.

## Finance

The Finance Officer and Assistant Director continue to work closely with the County Manager and department heads to review the 2014-2015 budget requests and to complete the Manager's Recommended Budget. The Assistant Director has completed review of the Special District budget requests. The Finance Office has processed accounts payable for the week.

## Fire Marshal/Emergency Management

The Fire Marshal/Emergency Management Director conducted one fire origin and cause investigation, assisted Lake Lure Fire Department with a search for a missing person who was located safely, assisted with funeral preparations for retired Forest City assistant chief Marshal Baynard, continued work on the fire training ground project, submitted a grant application for smoke detectors and attended various meetings.

## Human Resources



The HR Director held meetings to discuss personnel issues, exit interviews, and retirements. Welcome new hires Mack Lammonds (Transit), Carolyn Kelly (Transit), Robert Ledbetter (p/t EMS), Rachel Lewis (p/t EMS), Jennifer Fowler (p/t EMS), Christine McCormick (p/t EMS), Evan Richmond (EMS), Aja Fillers (EMS). The Director had several meetings regarding insurance, met with Angela Ezell of the Senior Center, met with Attorney Richard Williams and Chief Jeff Buchanan, met with Building Inspector Jason Ruff, met with Communication Director Tammy Aldridge, met with Paula Roach concerning budget, attended the JCPC meeting, attended the Agenda Review meeting and is working on May payroll. Flowers for the Relay fund raiser will be delivered on

Friday, thanks to everyone's support on this.

Remember the County Blood Drive for May 7<sup>th</sup>.

***Call for an appointment to help "Save a Life."***

## Information Technology

The IT Department has gotten a resolution for the caller id issue and it seems to be working great, If you have any further issues with that please send a track-it order to [trackit@rutherfordcountync.gov](mailto:trackit@rutherfordcountync.gov) with VoIP in the subject line. There are still a few issues that Peter is working on. More testing will be conducted next week to work on those problems. IT staff are gathering information on all the XP machines still in the county. They will be replacing those machines until the end of this budget year, and pick back up at beginning of next budget year. 102 track-it orders were closed over the past week and staff will continue to stay on top of those.

Don't forget to review the IT policy to stay informed. Remember, "Use it, but don't abuse it".

## Library

The Library Director planned the agenda for the CMC and Library Board of Trustees' meetings, met with personnel from the State Library and with Danny Searcy and Mark Patterson regarding a new Haynes Branch Library.

The Branch Manager from Mountains Library attended a workshop on NC LIVE Business resources provided by the State Library. This was an in-depth workshop focused on learning how to dig through valuable free public resources to obtain information pertinent to building a business plan. The business workshop, offered across the state, will better enable library personnel to help patrons looking to start a business.

Themes for the last several Story Time weeks have been birds, eggs, and chickens, with outreach programs at Sunshine Elementary School. All contracts have been signed for this year's Summer Reading Program, and a full schedule will be disseminated soon. The Children's Librarian also attended an in-depth workshop in Hendersonville on learning to use new homework help websites through the North Carolina State Library, as well as a webinar on new On-line Registration Software for the Summer Reading Program.

## *Rutherford County Library Conducting Online Survey*

From May 10, 2014 to May 24, 2014 the Rutherford County Library will be conducting an online survey to find out how our patrons use the library's computers and Internet connection and how this service has made a positive impact on their lives. This information will help the library improve its technology services and communicate the value of providing free access to computers and the Internet within the community. The Impact Survey is anonymous, available in English and Spanish, and takes 10-15 minutes to complete.

The Impact Survey is the result of a successful research initiative from the University of Washington with support from the Bill & Melinda Gates Foundation. In 2009, the University of Washington Information School conducted [Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries](#), which was the first large-scale investigation of the ways U.S. library patrons use computers and the Internet at public libraries, why they use it, and how it impacts their lives. The study was instrumental in providing evidence that access to the Internet at U.S. public libraries has a profound and measurable impact on individuals and communities.

The Impact Survey is coordinated by the University of Washington Information School. For more information about the Impact Survey, inquire at the library information desk or visit <http://impactsurvey.org>

## Public Works and Planning

The Public Works and Planning Department Garage had 13 preventative maintenance service calls, 17 repairs, 6 tire service calls and 13 other repairs/inspections. Maintenance completed 42 work orders, repairs and grounds keeping of all County facilities. The Project Manager and Director have accomplished multiple on site inspections over the past week including Queens Gap, Greyrock, Daniel Morgan Water District expansion at Hines Rd and MidAtlantic Rd., paddle trail access, Ruth School and the Farmer's market as the plumbing is completed this week. In addition we met with EMS Staff and Library Board members and the architect to discuss the Southern EMS and Haynes Library along with a site inspection of the Hickory Nut Gorge EMS/ Mountains Branch Library. The first Community Grant reimbursement has been paid to Gilkey School Community Center who is doing a wonderful job in the Gilkey community. The County received the preliminary archeology report on the Gilberttown Town property. This report has been shared with the County historian and will be discussed with the Manager and will likely be on the June agenda for acceptance. The Director had several meetings with the Finance Officer, the County Attorney, Asst. Finance Officer, the Chief Building Inspector and the Elections Director. The County received a 2014 Ford Fusion for DSS, locally purchased, from Sisk Family Ford who outbid the State Contract. Meanwhile, there are two SUV's ordered from Raleigh, for which local bidding was not successful in outbidding.

### Greyrock:

The pavers are finishing paving Projects 7, 3B, part of 8 & all of 9. Project 10 clearing is completed and grading is underway. We are still working on the waste area for Project 11. I have provided the county attorney with the location of the waste area and a sample easement. The contractor hopes to begin shortly.

### Queens Gap:

Project 1 is continuing to move forward. Both large culverts have been installed. Project is about 70% complete. Project 3 will be awarded at the commissioner's meeting in May.

## Register of Deeds

The Register of Deeds Department made two copies resulting in cash receipts of \$5.00, processed 187 real estate records with \$12,696.00 received in cash, and processed 76 vitals, receiving \$1,210.00. A total of 265 transactions were made with a total of \$13,911.00 in cash received.

## Revenue

The Revenue Department answered 677 phone calls, and assisted 242 citizens who came in to the office (8 being PUV). 46 deeds were recorded and 82 were transferred. 12 estates were transferred and 54 new accounts were set up. Mapping completed 7 splits, 2 merges, 2 acreage adjustments and created 6 new maps. 12 new E911 addressees were assigned and 3 new roads were named. Ownership of 1 address was updated and maintenance on 9 road signs. An order was placed for 22 road signs. Appraisers completed 448 field reviews and 6 appeal reviews. Electronic payments consisted of 25 by credit/debit, 41 by website, and 17 by phone. 184 citizens came in to pay at the counter. Enforced collection action consisted of 50 garnishments, 5 attachments, 5 employee lists, and 3 foreclosure letters. 29 Deeds were certified. Staff worked 41 overpayments, 3 plat reviews 1 data request, 7 bankruptcy payments/issues, 44 car bill issues, 22 debts set off, 15 payment plans, 12 discoveries, 26 releases, and 1 refund. 184 pieces of mail were received and processed. 14 informal appeal and 10 PUV letters were mailed out. 2 Board of E&R appeals were received. 5 exemption applications were processed. We completed 1078 listings and are currently working 5447 August Motor Vehicle renewals.



## Senior Center

The Senior Center will host the Senior Games Closing Ceremony and Awards Presentation on Friday night at 6:00. We want to celebrate and recognize the seniors who participated in the games for their dedication and commitment to a healthy active lifestyle. May has been designated Older Americans Month since 1963. The theme this year is "Safe Today-Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Barbara Hill, our Program/Activity Coordinator, has many activities and events planned to celebrate Older Americans Month at the Senior Center. One new class that has been planned for May is a quilting class. This is scheduled every Tuesday and Thursday in May from 9:00-11:00 am.



## **Rutherford Co. Senior Center**

*193 Callahan Koon Road, Spindale NC 28160*

# **TAILGATE YARD SALE**

**Friday, May 9, 2014**  
**8:00 a.m. – 11:00 a.m.**

*If you have questions call: 287-6409*

## Social Services

The Social Services Department's Income Maintenance Staff continues to work diligently as NC FAST implementation continues. At this time all Food and Nutrition Services are handled within NC FAST and the old legacy system (FSIS) has been eliminated. While FNS is moving along smoothly at this time, Medicaid is very complex and time consuming due to decisions at the state level to delay full implementation until problems with the system are resolved. Delaying implementation has both pro and cons for staff. Medicaid recertifications are worked in the legacy system. However, if the consumer is ineligible the application must be entered into NC FAST under the new Medicaid eligibility rules. Management staff continues to attend regularly scheduled conference calls and webinars.

On Monday the Director attended a More At Four subcommittee meeting. The subcommittee is evaluating requests for More at Four slots for the 2014-15 school year and will make recommendations to the More at Four Advisory Board.

On Tuesday the DSS Leadership Development Program group held it third monthly session. This month the morning meeting was held at the Lake Lure Town Hall. The program consisted of the group sharing their job shadowing experience, followed by a presentation by Lake Lure Town Manager, Chris Braund, on the history of the town and information about town services and governance. He also talked with the group about his perspective on leadership. After lunch the group visited the Hickory Nut Gorge Outreach Center and learned about the various services provided there. They also participated in an exercise consisting of developing menus for a week's meals using the amount of food provided from the food pantry. The day concluded with a boat tour of Lake Lure.

On Wednesday the agency held a Child Abuse Prevention Month closing ceremony. It was held at the end of the month as a reminder that everyday should be child abuse awareness day. Welcoming remarks were provided by the director followed by the presentation of certificates to community agencies and individuals that support the agency in the provision of Child Protective Services throughout the year. Closing remarks and a prayer were provided by DSS Board Chairman, Steve Wright. Among those groups recognized were all town police departments, the Sheriff's Department, Family Resources, District Court Judges, Guardian Ad Litem Program, DSS Board Members, County Manager, County Commissioners, County Maintenance, EMS, and several church groups and individuals. On Thursday the Director attended the annual meeting of the North Carolina Association of County Directors of Social Services held in Asheville.

## Soil and Water

The Soil and Water Department's Admin/Education Specialist worked on the May Agenda and end of year reports. Attended Conservation Farm Family Judging. The Ag Cost Share Technician is out of the office this week.

### Solid Waste

The Solid Waste Landfill served 354 customers, hauled 63 loads from convenience centers, shipped 34 loads to Lenoir and sent out two recycling trailers. The Director attended several meetings this week including a budget meeting with Raeann and Paula, meeting on a pallet bid, the pre-agenda meeting. Also, the Director has been working on getting a textile recycling program in the county that involves the school system participation. Wes Scarlett is on site performing water testing this week at the central landfill and the south landfill. The rest of the staff has been performing everyday job duties despite the weather conditions. The landfill is in the process of getting quotes on mulching of the yard waste and pallets. Hopefully next week the contractor will begin the Shiloh water project to allow that center to have county water. The IT department will be here Friday early to upgrade the computer system. Thanks to the IT for being able to come in early so the upgrade does not interrupt operations.

The code enforcement officer report is as follows:

- Active cases 8
- Convenience center cases 3
- Closed cases 4
- Letters written 2
- Community service workers 4
- Community service reports 1

The staff wants to welcome Terry James back to work after sinus surgery. Please keep David Baynard in your thoughts and prayers due to the passing of his brother.

### Tourism Development Authority

The TDA met with several stakeholders to discuss marketing plans, finalized plans for the upcoming Wayfinding input sessions, was part of the NC Gold Trail Meeting held at the Bechtler house, revised the latest draft of the visitor guide, began implementing a new scheduling and training software system, and continued the 2014-15 budgeting process.

### Transportation Services

The Transportation Services Department's **EMS** Personnel responded to 134 emergency calls and 49 convalescent calls. Staff received several quotes for facility projects at the main station in Spindale. Several meetings were also held in reference to billing and invoicing issues.

**Transit**: Transit drove 10,063 miles, completed 976 local trips and 68 out of county trips, transported 267 unduplicated passengers and collected \$15,159 in revenue. Quotes were reviewed for the RFQ for the paving of the old Farmer's Market lot and resurfacing of the Transit parking lot. Director facilitated a meeting with Lake Lure businesses, the HNG Chamber and Town to discuss possible transportation options to transport people during peak season and events. Group focused primarily on attraction shuttle services such as trolleys and water taxis.

### Veterans Services

The Veterans Services Office had 27 mail-ins, 22 mail-outs, 65 telephone contacts, and 119 veteran contacts.



# The May edition of the Senior Center's newsletter is out!



## **RUTHERFORD COUNTY DEPARTMENT OF AGING/ SENIOR CENTER**

*A North Carolina Certified  
Center of Excellence*

193 Callahan-Koon Rd,  
Suite 132  
Spindale, NC 28160  
828-287-6409

Monday  
7:30 a.m. – 5:00 p.m.

Tuesday – Friday  
8:30 a.m. – 5:00 p.m.

**MAY 2014**

**OUR MISSION:**  
**Rutherford County  
Senior Center  
provides opportunities  
for senior adults to  
help them maintain  
and enhance their  
quality of life.**



**A UNITED WAY  
MEMBER AGENCY**

## **THE SENIOR CENTER NEWSLETTER**

FROM DIRECTOR ANGELA EZELL'S DESK

Dear Friends:

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is: "Safe Today - Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

The following are safety tips to help prevent falls:

- Install handrails and grab bars wherever they are helpful, especially around stairs and in the bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability

While the Rutherford County Senior Center provides services, support, and resources to older adults year-round, Older Americans Month is a great opportunity to show special appreciation! Barbara Hill, our Program/Activity Coordinator, has many activities and events planned to celebrate Older Americans Month at the Senior Center. Be sure to come participate and enjoy the many different activities!

See you at the Center soon!

*Angela Ezell*





## REMINDER PRE-REGISTER FOR LUNCH

**TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT.** For your convenience, you may pre-register up to 4 weeks in advance by using your MySenior scan card. **If circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.**

## **VOLUNTEERS NEEDED:**

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:



## **MEALS ON WHEELS VOLUNTEER:**

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 90 participants of this worthwhile program.



In addition to delivering a fresh, hot meal each weekday, the Meals on Wheels volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

## **SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP) VOLUNTEER:**

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans, and long-term care insurance. Please contact Angela Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor today.



## **COUPON ROOM VOLUNTEER:**

The Senior Center needs volunteers to help in the Coupon Room with clipping coupons, sorting the coupons in the appropriate baskets, and going through the baskets to remove the expired coupons. Please contact Barbara 287-6413 or Crystal 287-1239 for more information.



The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.

## MAY IS OLDER AMERICAN'S MONTH



### THIS YEAR'S THEME IS:

### **"SAFE TODAY – HEALTHY TOMMOROW" FOCUSING ON INJURY PREVENTION**

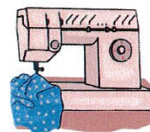
Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. In fact, in 2012 in North Carolina – 756 older adults died as a result of an unintentional fall (with more than half of these coming from adults age 85 and older) and 1,689 older adults that died of an injury-related death. Please take time to review and implement safety measures in your home and life to help ensure a **Safe Today, Healthy Tomorrow!**

## **QUILTING CLASS**

**Date: Thursday, May 1 then  
Continuing each Tues & Thurs in May  
Time: 9:00 – 11:00 a.m.**

**Instructor: Judy Smith**

Whether you are an experienced quilter or this is a new art form that you want to explore – this series of quilting classes is one you will not want miss! **During the 1<sup>st</sup> meeting on May 1, you will discuss supplies and projects only.**



## BREAKFAST WITH THE DIRECTOR

Date: Thursday, May 1

Time: 10:00 a.m.

**PRE-REGISTRATION IS REQUIRED**

**Limited to the first 10 who sign up on the sheet outside Barbara's Office.**

**Please Note: IF YOU PREVIOUSLY ATTENDED BREAKFAST WITH THE DIRECTOR IN SEPT 2013 OR JAN 2014**

**PLEASE DO NOT SIGN UP AGAIN SO EVERYONE HAS A FAIR CHANCE AT ATTENDING.**

This is **YOUR** opportunity to meet and talk with Angela in a relaxed and informal setting and share any concerns, make suggestions, and/or express how you feel things are going at the Center. It's also a great way for new participants to learn more about the Center. A light breakfast will be served.



## DIABETIC SHOE CLINIC

Date: Friday, May 2

Time: 10:30 a.m. – 1:00 p.m.

Allen Church, a diabetic shoe specialist, will be at the Senior Center conducting a Diabetic Shoe Clinic.



## SENIOR GAMES CLOSING & AWARDS CEREMONY

Date: Friday, May 2

Time: 6:00 p.m.

Everyone is invited to join us tonight for the 2014's SENIOR GAMES CLOSING AND AWARDS CEREMONY. The winners from all sporting events will be recognized and presented their medals. A reception will follow at the close of the ceremony. **All Senior Game participants (SilverArts, Performing Arts, and Sporting Events) are encouraged to attend.**



## SPECIAL THANKS TO OUR 2014 SENIOR GAMES SPONSORS:

Henry Boelens

Brew House

Gentiva Home Health

Go-Forth Services, Inc.

Golden Valley Missionary Methodist Church

Healing Touch Chiropractic Center

Henson Building Materials

Holland & Hamrick Architects PA

Humana MarketPOINT, Inc.

Making Ends Meet Consignment Store

Moore's Auto Sales

Moose Vending, Inc.

PNC Bank of Forest City

Rentals Unlimited

Rotary Club of Rutherford Club

Smith's Drugs of Forest City

## ZUMBA

Days: Monday - May 5 & 19

Time: 5:30 p.m.

Instructor: Wavolyn Norville

When attempting to "tone up" or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person's success. Zumba is a great choice because it combines fun dance moves and upbeat music – some people say they "*do not even feel like they are exercising!*" Wavolyn is a "pro" at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it!



## SPECIAL PROGRAM: "FRAUD, SCAMS, IDENTITY THEFT, PHONE SCAMS, ETC"

Date: Tuesday, May 6

Time: 10:30 a.m.

Location: Dining Room

Speaker: Kim Roberson, PNC Bank of Forest City

Mark your calendars and be here today for this important program on various fraud and scams. While everyone is vulnerable to scams, seniors seem to be especially attractive "prey" for con artist because they are more likely to have a "nest egg", excellent credit, and/or own their own home. Additionally, seniors tend to be more trusting and polite because of the era they grew up in. This is one you will not want to miss!



## ICE CREAM SHOP

Date: Tuesday, May 6

Time: 1:00 p.m.

Cost: .50 per scoop & .10 per topping

Location: Dining Room

"I scream", "You scream", "We ALL scream for ICE CREAM!" Join us after lunch today for a Senior Center favorite – our very own

**ICE CREAM SHOP.** We will have a large variety of delicious toppings. What a great bargain for a warm spring day!





## **PEN PAL EVENTS:** **WRITING IN JOURNAL**

**Date: Wednesday, May 7**

**Time: 10:30 a.m.**

Pals be sure and be here today as this will be your last chance to write in your Spindale Elementary Pen Pal's journal before this school year is over! (Can you believe school will be out in just a few short weeks?) This journal is sure to become a treasured keepsake for the student and an experience they will never forget!



## **PEN PALS VISIT SPINDALE ELEMENTRY**

**Date: Wednesday, May 21**

**Time: Leave Center at 9:30**

**Be sure to sign on the sheet posted outside Barbara's office if you plan to ride the van to the school.**

The Senior Pen Pals will travel to Spindale Elementary for a face-to-face "good-bye visit" with their student pal. What a perfect way to wrap up the school year and opportunity to wish your pal a happy and safe summer! Seniors will return to the Center before lunch.



## **TRIP TO SHELBY THRIFT STORES**

**Date: Wednesday, May 7**

**Time: Leaving Center at 10:00 a.m.**

**Cost: \$1.00**

**Pre-registration is required. Van riders are limited to the first 11 who sign up on sheet outside Barbara's office.**

What a FUN day! You will travel to several Thrift Stores in the Shelby area searching for the ultimate bargain! The group will stop for a pizza buffet lunch. Sign up early – this one will fill up fast!

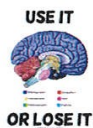


## **"USE IT OR LOSE IT"**

**Day: Thursday, May 8**

**Time: 10:30 a.m.**

Your brain is no different from any other muscle in your body – either *use it or lose it!* The brain is a learning machine. To keep it strong you must continually develop new skills. Keep activities challenging and progressive. Join us today for the Center's version of "USE IT OR LOSE IT." We will exercise and challenge your brain to help keep it working at its optimal level!



## **DRAWING FOR SPACES/TAILGATE SALE**

**Day: Thursday, May 8**

**Time: 11:15 a.m.**

Sellers in tomorrow's Tailgate Yard Sale will draw a number to determine the space you will be assigned. **You must have signed up on the sign-up sheet outside Barbara's office, completed a "Tail-Gate Yard Sale Agreement form" and paid a \$10 deposit to participate.** Your deposit will be refunded after you stay the entire length of the sale, or give a 24-hour notice if you are unable to attend. **NO TABLES WILL BE PROVIDED.**



## **TAIL-GATE YARD SALE**

**Day: Friday, May 9**

**Time: 8:00 a.m. – 11:00 a.m.**

**(Rain date: May 16)**

Shoppers tell your friends and neighbors and everyone come and support the Center's **TAIL-GATE YARD SALE!** There will be a large variety of items for sell by multiple "sellers." There is sure to be something for everyone!



## **BLOOD PRESSURE CHECK**

**Date: Monday, May 12**

**Time: 9:00 – 11:00 a.m.**

**Sponsor: Rutherford Regional**

It's time for the nurse from Rutherford Regional to come and conduct our monthly blood pressure checks. Don't forget to pick up your BP record card at the front desk for the nurse to record on.



## **MUFFINS FOR MOMS**

**Date: Monday, May 12**

**Time: 9:00 – 10:00 a.m.**

Happy Mother's Day to all ladies! We invite you to join us for muffins and coffee in your honor today.



## **SPECIAL SPEAKER: "CHIROPRACTIC ACCUPUNCTURE"**

**Date: Tuesday, May 13**

**Time: 10:30 a.m.**

**Speaker: Dr. Drew Morris**

Dr Morris from Chiropractic Plus will speak to us today on chiropractic acupuncture and how it works.



## COKE FLOATS

**Date:** Tuesday, May 13

**Time:** 1:00 p.m.

**Cost:** .50 small or \$1.00 large

Coke was invented in May 1886 by Dr. John Pemberton a pharmacist from Atlanta, Georgia. It was first sold to the public at the soda fountain in Jacob's Pharmacy in Atlanta on May 8, 1886, and until 1905 the drink was marketed as a "tonic" and contained extracts of cocaine and the caffeine-rich kola nut. Dr. Pemberton sold the formula in 1887 to Atlanta pharmacist and businessman, Asa Candler for \$2,300, and by the late 1890s Coca Cola was one of America's most popular fountain drinks! (I bet Dr Pemberton's descendants still think about "THE ONE" that got away!") While the coke formula has changed a little over the years, it has not changed that it is still one of the most popular drinks in America! **Stop by the Center and enjoy a delicious Coke Float this afternoon!**



## LAKE LURE CLOGGERS

**Date:** Wednesday, May 14

**Time:** 10:30 a.m.

The Lake Lure Cloggers are great dancers and they are always a hit no matter where they perform! Bring a friend and come today for a great show!



## DIABETIC SUPPORT GROUP

**Date:** Thursday, May 15

**Time:** 10:30 a.m.

**Speaker:** Anita Phillips, RN

**Location:** Conference Room

Anita Phillips, RN and Diabetes Educator from Rutherford Regional will be here today discussing "Exercise and Diabetes." Remember you do not have to be a diabetic to attend this meeting. This is good health information for everyone.



## B-I-N-G-O

**Date:** Friday, May 16

**Time:** 1:00 p.m.

B—I—N—G—O! Always a crowd pleaser! Join Barbara and Crystal for a fast paced, full-filled session of afternoon bingo!



## TRIP TO GREEN ROOM THEATER

**Day:** Sunday, May 18

**Time:** leave Center at 1:15 p.m.

**Cost:** \$15

**Pre-registration is required – sign up on sheet outside Barbara's office. Van riders limited to first 12 who sign up.**

Travel to the Green Room Theater in Newton, NC to see "Rex's Exes" – the sequel to last year's "The Red Velvet Cake War." The Verdeen cousins of Sweetgum, Texas are teetering on the brink of disaster again! From unwanted birthday parties to hilarities at the "Wide Bride" (a wedding boutique for big gals) to unexpected funerals, you'll find yourself hoping your next family celebration is even half this much fun! After the matinee, the group will stop by J&S Cafeteria for dinner before traveling back to the Center.



## RECIPE CLUB

**Date:** Monday, May 19

**Time:** 1:00 a.m.

The "Incredible Egg" – at 70 calories each, eggs are rich in almost every essential vitamin and mineral needed by humans. Eggs contain over 6 grams of protein – and are what all other protein sources are measured against. Even the American Heart Association has amended its guideline on eggs – there is now "no longer a specific recommendation on the number of egg yolks a person may consume in a week." **Today the Recipe Club will share their favorite recipes featuring eggs.**



## FLOWER ARRANGING DEMONSTRATION

**Date:** Tuesday, May 20

**Time:** 10:30 a.m.

**Instructor:** Gerry Roberts

May is "Gifts from the Garden" month. Today Gerry will have a variety of beautiful flowers and share several creative and unique ways for displaying and arranging them.



## TEA PARTY

**Date:** Wednesday, May 21

**Time:** 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies. Be sure to sign-up at the front desk if you plan on attending. Don't forget to bring your favorite treat to share with everyone.



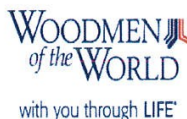


## SPECIAL PROGRAM: "ADVANCE PLANNING, RETIREMENT INCOME, AND FINAL EXPENSES"

**Date:** Thursday, May 22

**Time:** 10:30 a.m.

**Speaker:** Tim Francis & Josh Francis



Tim is the area manager of the Woodmen of the World. Today he will speak on the topics of: "Planning for Change"- advance planning in the event of illness or death. Additionally he will discuss "Savings and Retirement Income" and the effects that Longevity Risk (outliving our money) and Withdrawal Risk (taking too much too often during our lifespan) has on the lifestyle. He will give strategies to try and ensure that this doesn't happen. Lastly Tim will address "Final Expenses" and how life insurance is the best way to pay for funeral expenses and ease your family's mind in their time of sadness.

## MEET AND EAT

**Date:** Thursday, May 22

**Time:** 5:15 p.m.

**Location:** Big Dave's of Forest City



**Pre-registration is required – the sign-up sheet is outside Barbara's office**

Who doesn't enjoy having a good meal at a local restaurant with friends? Join us tonight at Big Dave's in Forest City for some delicious seafood. Note: You are responsible for paying for your own meal.

## ROYAL QUARTET – GOSPEL SINGING

**Date:** Friday, May 23

**Time:** 10:30 a.m.



Did you know that Southern Gospel is sometimes called "quartet music" by fans because of the originally all-male, tenor-lead-baritone-bass quartet make-up? Be here this morning for some good gospel singing and bring a friend. You will not be disappointed!

## CHAIR VOLLEYBALL

**Date:** Tuesday, May 27

**Time:** 10:30 a.m.

Chair Volleyball is FUN, it will make you laugh, AND you will get some good exercise for your upper body as well! A Center Favorite!



## PRICE IS RIGHT

**Date:** Wednesday, May 28

**Time:** 10:30 a.m.

"COME ON DOWN" who would not LOVE to hear the announcer call your name and that phrase? Well, since



we are not in California, the Center will host their own "Rutherford County" version of The Price is Right! You might not win a car or a trip, but you are guaranteed to have FUN!

## VOLUNTEER APPRECIATION BREAKFAST

**Date:** Thursday, May 29

**Time:** 8:30 – 10:00 a.m. (drop-in)

The Senior Center would not be able to offer all the



**Thanks to Our Volunteers!**

numerous activities or serve the thousands of meals without the help from our many, many awesome volunteers! Whether you deliver meals, call tables, serve lunch, fold newsletters, or anything and everything both big and small you do to assist the Center...We want to say THANK YOU and show you our sincere APPRECIATION by

inviting you to attend our annual **VOLUNTEER APPRECIATION BREAKFAST**. Please drop by at your convenience between 8:30 – 10:00 a.m.

## FAMILY FEUD

**Date:** Thursday, May 29

**Time:** 10:30 a.m.

Since its premiere in 1976, *Family Feud* has aired during 31 non-consecutive seasons and is a favorite among

American game shows. Be here as the Center hosts its own version. This is sure to become a Center favorite!



## TRIP TO STRAWBERRY HILL

**Date:** Friday, May 30

**Time:** 10:45 a.m. – leave the Center

**Cost:** \$1.00

**Be sure and sign up on the bulletin board outside Barbara's office – van riders limited to first 11 who sign up.**

At the J.E. Cooley Farm, delicious red strawberries, tree-ripened peaches, and sweet, plump blackberries, are hand-picked for you daily in season. We have fresh churned strawberry and peach ice cream. Join us today as we travel to get fresh produce and enjoy a home-cooked southern meal in their old-fashioned café.





## BIRTHDAY RECOGNITION

**Date: Friday, May 30**

**Time: 11:30 a.m.**

We will recognize all those who celebrated May birthdays.



### MARCH WALKING TOTALS:

Joanie Gaultney	540 minutes walked
Reid Gaultney	735 minutes walked
Betty McFarland	695 minutes walked
Annabelle Smith	780 minutes walked
Jerry Thorton	786 minutes walked

## CAROLINA CROSS CONNECTION

Carolina Cross Connection volunteers will be assisting seniors with various home projects such as: painting, cleaning up yards, window washing, building ramps, etc. (no electrical, masonry, or plumbing) on the following dates:



**June 16 – July 26**

If you would like to be considered for this service, please see Barbara Hill or Crystal Upton to fill out an application form before June 3.



## SHIP NEWS

### Dental Insurance for Medicare Beneficiaries

We all know that Medicare does NOT cover most dental services, as noted in the 2014 "Your Medicare Benefits" publication:

*Medicare doesn't cover most dental care, dental procedures, or supplies, like cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices. Part A will pay for certain dental services that you get when you're in a hospital. Part A can pay for hospital stays if you need to have emergency or complicated dental procedures, even though the dental care isn't covered.*

Medicare beneficiaries living in North Carolina are allowed to purchase a stand-alone dental plan.

### Medicare and Eye Care

It would appear that the most recent guidance from CMS supports some limited coverage of eyeglasses or contact lenses following cataract surgery. It would also appear, however, that paying for the refraction for those lenses (of whatever sort) is the responsibility of the beneficiary.

Please see below an excerpt from the "Your Medicare Benefits" 2014 publication from CMS:

#### **Eye exams**

*Medicare doesn't cover routine eye exams (sometimes called "eye refractions") for eyeglasses or contact lenses. Medicare covers some preventive and diagnostic eye exams:*

- See Yearly eye exam under Diabetes services & supplies on pages 21–23.
- See Glaucoma tests on page 29.
- See Macular degeneration on page 35.

#### **Eyeglasses/contact lenses**

*Generally, Medicare doesn't cover eyeglasses or contact lenses. However, following cataract surgery that implants an intraocular lens, Part B helps pay for corrective lenses (one pair of eyeglasses or one set of contact lenses).*

*In 2014, you pay 100% for non-covered services, including most eyeglasses or contact lenses. You pay 20% of the Medicare-approved amount for one pair of eyeglasses or one set of contact lenses after each cataract surgery with an intraocular lens, and the Part B deductible applies. You pay any additional costs for upgraded frames. Medicare will only pay for contact lenses or eyeglasses from a supplier enrolled in Medicare.*

### Review of the Self-Administered Drug (SAD) List

**Beneficiaries have called with questions about drugs that had previously been administered in a physician's office and are no longer available there. Additionally, they have shared their concern that since they must now purchase those drugs through their Part D coverage (rather than Part B),**

For more information about the Senior Center and to see the schedule for meals, check out their [WEBSITE](#).

***they must pay much higher prices for the same drug. What recourse do they have?***

*Drugs administered in doctors' offices are covered under Part B, and those services are administered by the area's Medicare Administrative Contractor (MAC). In North Carolina the MAC is Palmetto GBA. All MACs have the authority to look regularly at statistics reflecting how much of the population are self-administering a particular drug; and when at least 50% of the population are self-administering, then the MAC can re-classify the prescription they are looking at as a Part D-covered drug and determine that it should be self-administered. When this determination is made, the drug is put on what is known as a Self-Administered Drug (SAD) list. CMS regulations only require that a SAD list be published annually, but the SAD list can be updated at any time a determination is made. If the beneficiary and his health care provider feel that a drug newly placed on the SAD list cannot be self-administered by the beneficiary who's taking the drug, then the provider and the beneficiary need to work together to file an appeal with Palmetto GBA. While it's true that the beneficiary can file the appeal on his own, he will also, however, need the help of the provider in documenting the medical necessity of the drug's administration in a doctor's office. The provider can also contact Palmetto GBA through the provider line and try to accomplish a benefit category denial appeal that way. The provider line number is: 1-855-696-0705 and available Monday through Friday, 8 am to 4:30 pm.*

**Luckily for you, the Rutherford County Senior Center has trained certified SHIP counselors who can help interpret and answer your Medicare questions. Call 287-6409 or stop by the front reception desk and make an appointment today. You will receive free, unbiased information about Medicare health care products.**

## BOX TOPS FOR EDUCATION

The Senior Center has an ongoing project collecting "Box Tops for Education" for local schools. So clip those box tops and drop them in the jar located in the Center's coupon room.



## LET US KNOW WHAT YOU THINK

Your opinion and input is so important to us to know how to plan for the future. One way to give us your input is through our **SUGGESTION BOX** – located in the main lobby of the Senior Center. Paper and pen are provided and you do not have to sign your name – please include the date with your suggestion though. Additionally, you can always stop by our Director's office – Angela is willing to listen to your suggestions or comments. ***This is YOUR Center and we welcome your feedback.***



## RECYCLE USED TONER CARTRIDGES

The Senior Center accepts empty toner cartridges from your printers and copiers for a recycling program that raises money for the Senior Center and its programs.



## RECYCLE YOUR OLD EYE GLASSES

Reminder, a collection box to recycle your prescription, reading, and sun glasses as well as plastic and metal frames is located in the Senior Center's library. This on-going recycle program is sponsored by the Lion's Club. They collect used eyeglasses and frames and deliver them to regional Lions Eyeglass Recycling Centers. The glasses are cleaned, sorted by prescription strength, and packaged so they can be redistributed to those with the greatest need.



## DOCUMENT SHREDDING

In order to protect your identity, it is recommended that you shred any documents that you want to discard that have personal information on them such as: **Social Security numbers, Medicare numbers, bank or credit card numbers, your name, telephone or address, and/or medical and legal documents.**



**As a reminder, the Senior Center has a paper shredder that you may use (at no charge) to shred your documents to ensure you are protecting your identity.**

# Keep In Touch

It's easy to join our mailing list!

Just send your email address by text message.



Text **RCNC**

to 22828 to get started.

Message and data rates may apply.



## *County Commissioners*

**William Eckler, Chairman**

**Eddie Holland, Vice Chairman**

**Greg Lovelace**

**Julius Owens**

**Roger Richard**

**Carl Classen, County Manager**

**Hazel S. Haynes, Clerk to the Board**

**Richard Williams, County Attorney**



*Stay connected!*

[www.rutherfordcountync.gov](http://www.rutherfordcountync.gov)

